

Daily Activities

Time	Activity	Room
MONDAY		
8-11	FREE POOL/TAB. TENNIS	GAME
9-11	PLASTIC CANVAS	CRAFT
8-11 & 1-4	FREE COMPUTER TIME	COMPUTER
12:15	BRIDGE	GAME
12:45	REGULAR WHIST	MULTI PUR.2
1:00	NURSE IS IN	CONF
12:45	MICHIGAN RUMMY	MULTI PUR2
1-3	CERAMICS *	CRAFT
2:45	GENTLE YOGA **	EXERCISE
TUESDAY		
8-11	FREE POOL/TABLE TENNIS	GAME
9:30	ADV. LINE DANCING	MULTI PUR2
10:00	COMPUTER CLASS	COMPUTER
10-11	QUILTING*	CRAFT
1:00	FUN WITH WATERCOLORS*	CRAFT
1:00	CRIBBAGE	GAME
1:00	COMPUTER GREET. CARD	COMPUTER
1-4	POCKETBOOK THERAPY*	CONF.
1:00	SENIOR FITNESS**	EXERCISE
1:30	BINGO	MULTI PUR2
6:30 PM	BEG. T'AI CHI**	EXERCISE
WEDNESDAY		
8-11 & 1-4	FREE COMPUTER TIME	LAB
9-11	PLASTIC CANVAS	CRAFT
9-1:30	MASSAGE THERAPY*	CONF
10:30	SENIOR AEROBICS**	EXERCISE
12-1	1 ON 1 WITH JEFF	PARLOR
1-3	SCRAPBOOKING*	CRAFT
1-3	CRIBBAGE	GAME
1:30	BINGO	MULTI PUR 2
THURSDAY		
10-11:30	BEG. LINE DANCING	MULTI PUR 1
10:00	ACRYLIC PAINTING*	CRAFT
12:15	BRIDGE	GAME
12:30	TOC	MULTI PUR 1
12:45	BID WHIST	MULTI PUR 2
1:00	COMPUTER CLASS	LAB
1:00	SENIOR FITNESS**	EXERCISE
2:00	BACK INTO ACTION**	EXERCISE
1:00	QUILTING*	CRAFT
1-4	POCKETBOOK THERAPY*	CONF
1:00	SCRABBLE	CRAFT
FRIDAY		
8-11 & 1-4	FREE COMPUTER TIME	LAB
9:00	PLASTIC CANVAS	CRAFT
10:30	SENIOR AEROBICS**	EXERCISE
1:00	CERAMICS*	CRAFT
1:00	COMPUTER CLASSES*	COMPUTER
12:45	BID WHIST	MULTI PUR 2
12:45	MICHIGAN RUMMY	MULTI PUR 1
SATURDAY		
12:00	SCAT	GAME
1:00	CRIBBAGE	GAME

Wm. B. Cashin Senior Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>February 2005 Events</i>		1	2	3	4 6:30 PM Amoskeag Quilters Business Meeting	5 1:00 SPECIAL BINGO
6	7	8	9 6:30 PM Mental Health Support Group ***	10 7:00 PM Just Jammin'	11 10:30 Valentine's Day Party *	12
13	14 9:00 Bone Density Scr.** 11:00 St. Jos. Nutr. Valent. Luncheon****	15	16 12:30 Lead Poisoning in Manches. w / Health Dept.	17 11:00 Living Wills & POA 1:00 Manage your Osteoporosis ***	18 6:30 PM Amoskeag Quilters. Gen. Meeting	19 9:00 Amoskeag Quilters Workshop
20	21	22	23 6:30 PM Mental Health Education ***	24	25	26
27	28	* REGISTRATION REQUIRED ** PRIME TIME ACTIVITY - REGISTRATION REQUIRED CALL 663-6333 *** HOSTED ACTIVITY ****REG. REQ. CALL KRISTINA 668-0254				